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TOBACCO-FREE WORKSITE POLICIES ARE GOOD FOR EMPLOYEES, CLIENTS

Tobacco free grounds increase chances of employees' quitting and improve behavioral health outcomes for clients

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Panama City, Fla. – Tobacco-free worksite initiatives are quickly becoming a popular tool for better employee health and worksite safety. According to the Centers for Disease Control and Prevention (CDC), about 70% of current tobacco users want to quit. Tobacco free grounds policies nearly double an employee's chances of success.

An addition to being a positive for employees who are trying to quit, tobacco-free policies at patient- and client-serving worksites are also a plus for health and recovery. The CDC reports that nearly 40% of all cigarettes consumed by adults are smoked by persons with mental illness and/or substance use disorders, although many of these consumers want to quit smoking and are often able to do so successfully. Research shows that quitting smoking can even improve mental health and substance use disorder recovery outcomes.

Area patient- and client-serving worksites such as Bay Medical Sacred Heart, Gulf Coast Medical Center, Life Management Center, and the Treatment Center of Panama City are 100% tobacco free. Many other organizations are in the process of following suit. The Bay County Tobacco Prevention Program and the Bay County Tobacco Free Partnership are proud to provide ongoing support and resources.

If your organization or worksite is interested in going tobacco-free, please contact Krista Cogburn Peebles at 850-252-9600 or Krista.Cogburn-Peebles@flhealth.gov. To join the Bay County Tobacco Partnership, contact Heather Kretzer at 850-252-9670 or Heather.Kretzer@flhealth.gov. Meetings are the 5th Tuesday of each quarter from 11:30 am – 1:30 pm at the Olive Garden in Panama City.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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About Tobacco Free Florida

The department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 188,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs.[xii] To learn more about Tobacco Free Florida's Quit Your Way services, visit www.tobaccofreeflorida.com or

follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.